

**Subject:** Instant HR & Payroll: Well-Being Seminars, Mason Talent Temps, National Wear Red Day  
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## Instant HR & Payroll

We're back with more updates to wrap up the week! If your New Year's resolution was to take care of your well-being, we can help! Read below to find the link to a previous well-being seminar and to find the registration link to an upcoming "metabolism makeover" seminar. Then discover information on our Mason Talent Temps program and how you can participate in National Wear Red Day.

## Mason Talent Temps



### Mason Talent Temps Program

Do you need an extra pair of hands to help handle the busy season? Or do you need someone to fill in while you're looking for a replacement?

Mason Talent Temps has a pool of highly qualified and diverse candidates available for nearly any position on campus. Whether you're seeking a candidate to fill in for a short-term assignment or you're in need of a temporary employee for several months, Mason Talent Temps is here to help!

Talent Acquisition covers the full range of recruitment needs from sourcing the right candidates to your onboarding needs like the Offer Letter, I-9, Mason ID, parking, and EPAF.

For more information and **to request a Mason Talent Temp**, please visit:

<http://hr.gmu.edu/employment/index.php?t=5>

Learn More

## Seminar: Metabolism Makeover

### Physical Well-Being Seminar: Metabolism Makeover

Have you ever wondered why it seems one person can eat anything and not gain a pound? While another person's every indulgence shows up on the scale? It's because of differences in metabolism, muscle mass, and physical activity.

Join Amy Moore from CommonHealth on **Wednesday, February 21, 2018**, to learn more about boosting metabolism and maintaining a healthy weight.

This session will be video-conferenced to Arlington and SciTech.

For details and to register, visit:

<http://hr.gmu.edu/learning/register.php?id=2714&type=804>

Learn More

## Recording of Physical Well-Being Seminar

### Recording Available of Physical Well-Being Seminar: Strategies for Quality Sleep and Enhanced Well-Being

On December 13, 2017, [Dr. Jeffrey Herrick](#) presented an informative session about how sleep and sleep disorders can impact an individual's health, physical capacity, and quality of life.

If you missed this session or would like to learn strategies to improve overall sleep and enhance your well-being, **you can access the recording [here](#).**

Learn More

## National Wear Red Day

### National Wear Red Day

Plan to wear red on National Wear Red Day, on **Friday, February 2, 2018**, in support of the American Heart Association's quest to raise awareness about heart disease and stroke.



Snap a quick photo to commemorate the event! Then post it to either Facebook or Twitter and tag [@workingtaylor](#). Also, use [#GoRedForWomen](#)!



For more information on National Wear Red Day, click “Learn More” below.

[Learn More](#)

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